

MILLVILLE HIGH SCHOOL

ATHLETIC DEPARTMENT

Parents Handbook

2015-2016 Season

Home of the Thunderbolts

Millville Athletic Department

Home of the Thunderbolts

Millville Memorial School (9th - 10th)
504 East Broad Street
Millville, NJ 08332
Phone: 856-327-6072
Principal: Mrs. Stephanie DeRose

Millville Senior High School (10th - 12th)
200 Wade Boulevard
Millville, NJ 08332
Phone: 856-327-6040
Principal: Mrs. Kathy Procopio

Board of Education Members:

President: William Herman
Vice President: Charles Flickinger
Board Member: Michael Beatty
Board Member: Robert Donato
Board Member: Connie Johnson
Board Member: Joseph Pepitone
Board Member: Robert McQuade
Board Member: Lisa Santiago
Board Member: Michael Whilden
Board Member: Carol Perrelli (C)

Millville School District – Administration

Superintendent: Dr. David Gentile
Assist. Superintendent: Dr. Pamela Moore
Assist. Superintendent: Donna Meyers
Bus. Administrator: Bryce Kell

School Logo:

Thunderbolts

School Colors:

Orange & Blue

Number of Sports:

22

Athletic Director:

David LaGamba

Assistant Athletic Director:

Rich Andres

Athletic Trainer:

Dan Richter

Athletic Secretary:

Colleen Hand

Admissions Supervisor:

Colleen Hand

Athletic Events Schedule:

www.capeatlanticleague.org

Athletic Twitter Acct.

[www.twitter.com/tboltathletics](https://twitter.com/tboltathletics)

Athletic Facebook Acct.

www.facebook.com/millvillehighschoolathletics

Millville Athletic Department

Athletic Teams & Head Coaches

Fall Season – 8 Sports:

<u>Sport</u>	<u>Head Coach</u>
Boys Cross Country	Bill Hoover
Girls Cross Country	Robert Porch
Boys Soccer	Christian Varga
Girls Soccer	Brian Sloan
Girls Tennis	Tom DeCou
Field Hockey	Claudia McCarthy
Fall Cheerleading	Brittany Bracaliello
Football	Dennis Thomas

Winter Season – 7 Sports:

<u>Sport</u>	<u>Head Coach</u>
Boys Basketball	Mike Jones
Girls Basketball	Jason Kessler
Boys Swimming	Laura Pompper
Girls Swimming	Laura Pompper
Winter Track & Field	Raffael Craig
Winter Cheerleading	Brittany Bracaliello
Wrestling	Scott Stay

Spring Season – 7 Sports:

<u>Sport</u>	<u>Head Coach</u>
Boys Track & Field	Jason Kessler
Girls Track & Field	Raffael Craig
Baseball	Roy Hallenbeck
Softball	Brooke Dixon
Boys Tennis	Tom DeCou
Lacrosse	Andrea Pfeiffer
Golf	Terry Nugent

MILLVILLE HIGH SCHOOL ATHLETIC DEPARTMENT STUDENT/PARENT GUIDELINES

This handbook was put together to help alleviate questions and/or problems that may arise throughout the sports season. It will serve, as a guide to help parents better understand their child's involvement in the athletic program at Millville High School.

MISSION STATEMENT

The athletic department's mission is to provide meaningful and worthwhile experiences for our student athletes. This mission will be achieved through the dedicated and responsible efforts of coaches, administrators, teachers, booster clubs, parents, spectators, and athletes. Teams will represent Millville High School with leadership, sportsmanship, physical fitness, teamwork and a desire for excellence through wholesome competition. Local and state eligibility rules will be strictly followed. Academic success and social integration of athletes are critical components of our mission. All athletes will follow the athletic contract and our mission also includes the absence of illegal drugs, alcohol, tobacco, and steroids.

PHILOSOPHY OF THE ATHLETIC DEPARTMENT

We believe that interscholastic athletics are an integral part of the school's total program. We believe that participation in athletics is a privilege that all students should have an opportunity in which to take part. We believe that participation in a sound athletic program contributes to the physical, mental, and social development of our students. Sports are a part of our educational system, and we on the athletic staff believe that this part of our system can play a major role in the life of our student athletes. We believe that you, as a parent, are intensely interested in having our youth become contributing citizens, and we assure you that such is also our desire.

Eligibility Rules: Medical Clearance

All students are responsible for knowing the NJSIAA eligibility requirements pertaining to interscholastic sports. If a student intends to participate in any team sport at Memorial High School or the Senior High School, he/she must obtain a copy of the NJSIAA eligibility requirements from the athletic director, school nurse, or coach of the sport which he/she intends to participate in.

All student athletes must have a physical examination prior to the initial participation in any sport. Only one physical is needed per school year. New Jersey Code now requires all candidates for an athletic team to have a physical examination prior to the first practice session. This includes all involved in weight training, conditioning and any candidate for summer basketball, wrestling, and any other school directed athletic practice. The physical examination must be performed by the student's primary healthcare provider (M.D., D.O., Advanced Practice Nurse or Physician's Assistant). The results of the examination must be recorded on the School Sports Eligibility form. These forms are available from any Health/PE teacher, the school nurse, the main office, or the athletic director's office. The form must be completed and signed by the parent/guardian, and must also be completed and signed by the primary healthcare provider. The healthcare provider's signature must be legible. Once the form is completed, it must be returned to the school nurse and be approved by the school physician. Should you not have a primary healthcare provider, please contact the school nurse immediately to ask for further assistance in having the physical examination completed.

The school issued physical form must be used by all doctors. Every athlete must have a signed (parent and doctor) parent consent form prior to participation in any sport on file in the Athletic Department. The physical examination also applies to cheerleaders.

N.J.S.I.A.A. ELIGIBILITY REQUIREMENTS:

1. A student-athlete is eligible for only eight consecutive semesters from the date of his/her first entrance into ninth grade.
2. A student-athlete must not have reached the age of 19 prior to September 1st of the current school year to participate on the varsity or junior varsity teams. Freshman student-athletes must not have reached the age of 16 prior to September 1st of the current school year to participate on a freshman team.
3. To be eligible during the fall & winter seasons, a student-athlete must pass 25% of the State requirements for graduation (please see below).
4. To be eligible for the spring season, a student-athlete must pass 12.5% of the State requirements for graduation (please see below).
5. Any summer work (for make-up purposes) completed and approved by the school district before the sixth school day in the semester starting September, may be used for eligibility purposes.

The New Jersey State Board of Education has adopted revised regulations addressing high school graduation.

The following provides you with an annual breakdown of how this revision will affect scholastic eligibility (Article V, Section 4.E-N.J.S.I.A.A. Bylaws) for interscholastic athletics.

First Semester Eligibility (Fall & Winter Seasons):

10th – 12th Grade – Earned 30 Credits – Previous Year

9th Grade – Exempt from the Credit Rule

Second Semester Eligibility (Spring Season):

9th – 12th Grade – Earned 15 Credits – Previous Semester

LOCAL ELIGIBILITY STANDARDS **(MILLVILLE SCHOOL DISTRICT):**

We, at Millville Senior High School & Memorial High School, feel strongly that students should maintain a proper academic perspective throughout their high school years. Therefore, the following Local (Millville High School) Eligibility Standards are in place and explain the needs of athletes experiencing academic problems while participating in a sport:

1. One course failure or one incomplete grade during a marking period:
Athletic eligibility is to be determined by the head coach of the sport and the student athlete will be placed on probation (indefinite period at the coach's discretion).
2. Two course failures or two incomplete grades (or any combination) during a marking period: The student athlete is automatically ineligible for one marking period until his/her grades becomes available or incomplete grades are made up satisfactorily.

Transfer students shall be subject to the above guidelines based on the transcript which is used to determine N.J.S.I.A.A. eligibility.

Student-athletes shall be in attendance at school by 9:18 AM in order to participate in practice or game scheduled for that respective day (Seniors with an Early Release must arrive by 7:40 AM).

Guidelines For Athletic Participation

Participation on a Team

It is a privilege, not a right, to be a member of a team. Players must accept all responsibilities in order to stay on a team. Athletes are not guaranteed equal playing time. The coach of each team is responsible for the determination of playing time. The player has the right to discuss his/her opportunities to play with the coach. The school system does not require coaches to discuss playing time with parents.

Practice Sessions and Games

All practice sessions (outdoor and indoor) are closed to parents/fans, unless prior arrangements have been made with the respective coach and athletic director. The gym or field of play is the athletic classroom and should be free of distractions. Positive support is encouraged at all practice sessions and games. Lateness and absence must be confirmed prior to the start of play. Any extended absence should be cleared in advance with the coach. An athlete makes a commitment to participate in that particular sport and any absence affects the team. The general rule is that an athlete who misses competition (games, matches, meets) will be subject to miss an equal number upon his/her return. This includes family vacations. An athlete will not be permitted to practice or play if he/she is absent from school unless the absence has been cleared by the principal or vice principal in charge of attendance and the athletic office. Student athletes shall be in attendance at school by 9:18 a.m. before he/she will be allowed to participate in practice or a game/match scheduled for that day (Seniors with an Early Release must arrive by 7:40am). Also, an athlete may not practice, attend, or play in a contest while on suspension (in or out of school), or on the restricted list.

Post Game Procedures

Players will shake hands and demonstrate proper sportsmanship - win or lose. The locker rooms and coaches offices are off limits to parents. Players must make arrangements for getting home. Coaches will supervise until all players have left. Parents should not enter the locker room except to check on their son or daughter. At away games players will ride the bus unless special

circumstances are requested and the player leaves with his/her parents. These circumstances should be rare and will only be granted with parental request in writing to the coach and approved by the athletic director. These requests must be made at least 24 hours in advance, except in extenuating circumstances.

Post Practice Procedures

Players are not to linger in the locker room after practice. Arrangements for rides home should be made in advance. Coaches will supervise players until everyone has left.

Travel Policy

All athletes are expected to travel on the team bus. Athletes and managers may not drive to games or scrimmages. Permission not to travel on the team bus will only be granted in unusual and special circumstances, and only parents can drive their own children. The procedure will be to seek permission from the head coach, with a written request from the parent. If the coach approves the request he/she must then seek approval from the athletic director. **These requests must be made at least 24 hours in advance, except in extenuating circumstances.** Travel behavior on the bus should be no different than what is expected in the classroom. Failure to act in a responsible manner can result in disciplinary action. Eating and drinking food on the bus is prohibited by all bus companies. On longer trips the coach may plan to stop and eat. This must be approved in advance by the athletic administration and communicated to the players and parents.

Procedure for Changing Teams

Any athletes choosing to change teams prior to competition must have approval of the team he/she is leaving, as well as meet all obligations (equipment returned). The coach of the team he/she is leaving must tell the head coach of the team you are entering and inform the athletic director. If an athlete chooses to change teams after competing in a sub varsity game or varsity game, the procedure is the same. However, as per NJSIAA regulations the athlete must have six practice sessions in that sport. No coaches should have athletes change sports without administrative knowledge and approval. Failure to follow these procedures may place the teams in

jeopardy.

Transfer Students

Transfer students shall be subject to the above guidelines based on their transcript which is used to determine NJSIAA eligibility.

Hazing

Hazing is a form of harassment and will not be tolerated in conjunction with the Millville athletic program. Hazing is defined as “a willful act, occurring on or off school grounds, directed against a player or prospective member of a school-sponsored team, that endangers the mental or physical health or safety of a player or prospective team member for the purpose of initiation into, or continued membership on any such team”. Consequences for hazing violations may range from individual suspension from participation in the athletic program for a period of time, to cancellation of an athletic schedule, depending upon the magnitude of the incident and the number of athletes involved. Consequences for hazing violations brought to the attention of the administration after the season may be applied to and/or include subsequent athletic participation, athletic letter, and/or athletic probation. The athletic director and principal will determine consequences.

Gambling

Betting and/or gambling are strictly prohibited. Any student/athlete involved in such behavior will be subject to appropriate disciplinary action.

Destruction/Theft of Property

Any destruction/theft of property; public, private, or school, will not be tolerated. Violators will be promptly disciplined and may be removed from the team.

Athletic Contract

Every athlete and his/her parents/guardians will sign an athletic contract which requires them to adhere to rules and regulations as set forth by the Millville Board of Education, the administration and the coaching staff. It is

the responsibility of the athlete to follow this policy or be subject to the consequences stated.

Steroid Testing Policy

Every student and his/her parents/guardians will sign a permission slip to randomly test for steroids. On the back of the form is a list of drugs that will be tested. This form must be completed by anyone interested in participating in interscholastic athletics in the state of New Jersey.

Fund Raising Procedure

All fund raising for any interscholastic team must first be brought to the attention of the head coach. If, in agreement, the head coach will then complete the proper forms and submit to administration for approval. All monies must be properly counted and deposited in the student activity accounts by the head coach. No one may choose to purchase or sell items without following these guidelines.

Player - Coach Relationship

This is the most important relationship. Parents can affect this relationship by criticizing the coach (program) to their son or daughter. Parents should always remember the athlete has to return to practice/game the next day. Parental coaching may impede the athlete's progress. We encourage all parents to be positive regarding the player-coach relationship.

Parent - Coach Relationship

Coaches instruct and coach the team. Any questions or inquiries with the coach will not occur after practice or games. A specific procedure will be followed.

1. Only if a coach of a particular sport chooses to, will playing time be discussed with parents. It is the schools athletic philosophy that athletes have a right to discuss their position with their coach, but involvement of parents may compromise any decisions. Concerns of this nature should be handled by the player and coach.
2. To discuss other concerns, call the school/coach and schedule an

appointment. The situation should be discussed in a calm, courteous, and logical manner.

3. If the coach cannot be reached, call the athletic director and a meeting will be arranged for you.

4. If the meeting with the coach did not provide a satisfactory resolution, call the athletic director to set up an appointment to discuss the situation. Again this does not include playing time.

Parent - Player Relationship

Parents should be positive and supportive without adding undue pressure and unrealistic expectations. It is important to remember not to try to live through your child.

Fan - Official Relationship

Officials are necessary to the game and are bound by a code of ethics that makes them rigidly impartial. Fans, and particularly parents, should never harass or taunt officials. Spectators can be removed from a game and this can also result in further suspension by the school administration. This applies to both home and away events.

Spectator Cheerleader Relationship

It is not appropriate for anyone to interfere with or impose upon the cheerleaders. Cheerleaders should help direct and control the emotions of all contests.

Sportsmanship

- Parents and coaches have to demonstrate good sportsmanship and serve as role models. Specific obligations are:
- No vulgar or inappropriate language.
- Taunting and trash talking will not be tolerated.
- Outsiders must never intrude upon the field or court during a contest.
- Cheers should be for our team and not against an opponent during competition.

- Never interfere with opponents cheerleaders.
- Never purposely attempt to distract an opponent during competition.

Responsibilities of the Athlete

- Put the team goals, welfare, and success before your own.
- Attend all practice sessions.
- Be receptive to coaching.
- Be responsible for all uniforms and equipment.
- Represent your school well and follow all team rules.
- Report all injuries to the coach and the trainer.
- Communicate with the coach.
- Follow the athletic contract.
- Ensure your athletic eligibility by earning the proper grades and credits.
- School issued equipment/uniforms should only be used/worn during official games and/or practices.

Responsibilities of the Coach

- Select the team.
- Determine the style and philosophy of play.
- Teach at practice sessions.
- Determine who starts, and the amount of playing time for team members.
- Establish and enforce team rules.
- Select team captain/s.
- Establish letter winners.
- Always make sure the safety and welfare of the athletes comes first.
- Supervise team at all times.
- Accountability for equipment/inventory.
- Work with the media.
- Communication with athletic director.
- Attend all required meetings, ceremonies, and banquets.

A NOTE FROM THE ATHLETIC TRAINER

“ON ATHLETIC TRAINING”

Every year millions of students participate in interscholastic sports across the country. Every year thousands of these athletes suffer an injury that prevents them from participating. Today athletic health care is a common place in interscholastic sports. And Millville High School has made the commitment to its student athletes by hiring a full time certified athletic trainer.

WHAT EXACTLY IS A CERTIFIED ATHLETIC TRAINER?

A Certified Athletic Trainer is a highly educated and skilled professional specializing in athletic healthcare.

The athletic trainer's main goal is the health and safety of all the athletes. They act as liaisons between coaches, parents, physicians, and the athlete. They try to decrease the amount of “downtime” an athlete goes through during the injury process. This is accomplished by:

- Coverage for all athletic home events.
- Emergency care/treatment to entire sports program.
- Evaluation of injured athletes/ appropriate referral when needed.
- Prevention of injuries through taping and conditioning.

IN THE EVENT OF AN INJURY:

1. **During school**- report to trainer after school before practice or game.
2. **On the road**- report injury to coach and then report the injury to the trainer upon arrival back at school, or as soon as possible following the injury.
3. **Questions from home**- if concerned about your child's injury please call the head athletic trainer. His number is located at the end of this packet.

If a minor injury one day becomes more bothersome the next day, please call the trainer to assist you in the next steps and avoid any unnecessary down time. However, it is always your right as a parent to seek further medical care if you have any doubts as to the seriousness of their injury. **It is strongly recommended to see the athletic trainer first if at all possible.**

Anytime your child is seen by a physician for an athletic injury, we ask you to obtain written orders from the doctor on care and treatment he/she wants the trainer to provide. **ONCE YOUR CHILD IS SEEN BY A DOCTOR WE MUST BE GIVEN A WRITTEN RELEASE BEFORE THEY CAN RETURN TO PARTICIPATION.**

ATHLETIC ACCIDENT INSURANCE:

Unfortunately injuries do occur and it may be necessary for your child to visit a doctor. It is important that you understand a few procedures regarding school insurance coverage.

- Injury must be a result of school sponsored sport or activity.
- It must be reported to the athletic trainer, not just the coach. If not reported the school will not cover any medical expenses.
- Report injury to the trainer first before going to the doctor or the emergency room - **unless it is a true emergency.**
- Your health insurance covers the bill first and the school insurance is secondary - including co-pays. If you do not have insurance, the school's insurance will cover the entire bill.

EMERGENCY CONSENT FORMS:

At the end of this section is an emergency consent form. **This form must be filled out and signed before your child can participate in athletics at Millville High School.** It will be collected by the coaches and given to the trainer. In the event your child is injured and needs emergency care, this form gives consent to the athletic staff to allow your child to get treatment.

GENERAL INJURY INFORMATION:

SPRAIN - trauma to the ligaments by outside forces

STRAIN - trauma to the muscle by a violent contraction or stretch

CONTUSION - injury caused by a compressive force usually a direct blow to one area

HEMATOMA - swelling or mass of blood usually clotted caused by a compressive force.

CONCUSSION - blow/jolt to head that disrupts normal brain function. Early signs include lack of awareness to surroundings, headache, and dizzy, vomiting, nausea.

Late signs include increased headache, poor concentration, convulsions, memory trouble, fatigue, irritability, sensitive to bright lights, anxiety/depression, unequal pupils, loss of appetite, ringing in ears, slurred speech.

THE APPEARANCE OF ANY OF THE ABOVE REQUIRES PROMPT MEDICAL ATTENTION. CONTACT YOUR PHYSICIAN OR GO TO THE EMERGENCY ROOM.

INTERNAL INJURY- trauma to chest or abdomen

Signs of chest injury include difficulty breathing, shortness of breath, pain, vomiting or coughing up blood.

Signs of abdomen injury include pain, spasm in muscle (hardness), unable to urinate, nausea, vomiting, or vomiting blood.

THE APPEARANCE OF ANY OF THE ABOVE REQUIRES PROMPT MEDICAL ATTENTION. CONTACT YOUR PHYSICIAN OR GO TO THE EMERGENCY ROOM.

RICE- initial injury treatment stands for rest/ice/compression/elevation

ICE OR HEAT- Ice = new injury, 20 minutes every hour; Heat = after swelling has stopped or for chronic soreness only.

IF YOU HAVE ANY QUESTIONS PERTAINING TO THE ATHLETIC TRAINING SECTION OF THIS PACKET, PLEASE CALL THE HEAD ATHLETIC TRAINER.

Best of health and success in all your child's athletic endeavors.

Dan Richter, ATC, CNC
Head Athletic Trainer
Millville High School

ATHLETIC DEPARTMENT PHONE NUMBERS

Principal - Millville Senior High School Mrs. Kathleen Procopio	327-6050
Principal - Memorial High School Mrs. Stephanie DeRose	327-6070
Athletic Director Mr. Dave LaGamba	327-6059 option 4
Assistant Athletic Director Mr. Rich Andres	327-6059 option 4
Athletic Dept. Secretary Mrs. Colleen Hand	327-6059 option 3
Athletic Trainer Mr. Dan Richter	327-6040 ext. 2911
Nurse - Millville School District Mrs. Wendy Carlon-Wolfe	327-2470 ext. 3864
Nurse - Millville Senior High School Mrs. Patricia Birnstiel	327-6046
Nurse - Memorial High School Mrs. Wini Ferus	327-6078